



SECTION 7: Infant Feeding

Child Care Centers participating in CACFP must provide meals that meet meal pattern guidelines to infants enrolled in care.

- Infant Feeding Guidelines
- Creditable Infant Formulas
- Infant Forms
- Meal Components
- Food Chart
- Menu Templates, Birth-5 months and 6-11 months
- Questions & Answers
- Infant and Toddler Resources

Infant Feeding

Infants enrolled for care at a participating Child and Adult Care Food Program (CACFP) child care centers must be offered a meal that complies with the CACFP infant meal pattern requirements (7 CFR 226.20(b)). CACFP regulations define an **enrolled child** as “a child whose parent or guardian has submitted to an institution a signed document which indicated that the child is enrolled in child care” (7 CFR 226.2). A center may not avoid this obligation by stating that the infant is not “enrolled” in the CACFP, or by citing logistical or cost barriers to offering infant meals. Decisions on offering program meals must be based on whether the infant is enrolled for care in a participating CACFP center, not if the infant is enrolled in the CACFP.

Infant Feeding Highlights

- At least one brand of iron-fortified infant formula must be on hand at the center. This is considered the “house” formula and must be offered as a choice. The “house” formula should be one that is used by the majority of infants in care. (Not required for Head Start programs.)
- Every infant must have an individual **Infant and Toddler Feeding and Care Plan** (MO 500-3306) or the **Infant Feeding Preference** form (CACFP-647) to document the breastmilk, formula, and solid food feeding preferences as the infant progresses through the two infant age groups. All infants in care must have this form on file, signed, and dated by parent or guardian and updated as needed.
- Complete a daily individual Infant Meal Record and serve each infant food per the Food Chart for Infants according to age group: birth to 5 months and 6 through 11 months. File Infant Meal Records with other monthly records.
- Infants must be recorded on the daily attendance records, daily meal count records, and be claimed for reimbursement the same as for older children: 2 meals and 1 snack or 2 snacks and 1 meal per infant per day.
- Serve infant meals that meet the minimum requirements by age group listed on the Food Chart for Infants.
- Since infants eat on demand when hungry, record each meal if it contains all the required meal components. The meal components do not have to be served as a unit. Foods served at different times may be grouped together to form a reimbursable meal.
- Meals containing parent or guardian provided expressed breastmilk or creditable infant formula that are served to the infant by the child care provider are eligible for reimbursement, including meals when an infant is only consuming breastmilk or infant formula.

- Centers may claim reimbursement of meals when a mother directly breastfeeds her infant at the center. This includes meals when an infant is only consuming breastmilk.
- When a parent or guardian chooses to provide breastmilk (expressed breastmilk or by directly breastfeeding on site) or a creditable infant formula and the infant is consuming solid foods, the center must supply all the other required food components in order for the meal to be reimbursable.
- Introduce solid foods of appropriate texture and consistency when each infant is developmentally ready. The parent or guardian should update the **Infant and Toddler Feeding and Care Plan** or the **Infant Feeding Preference** as their infant becomes developmentally ready for solid foods.

Creditable Infant Formulas

As part of offering a meal that is compliant with the CACFP infant meal pattern requirements, centers with infants in their care must offer at least one type of iron-fortified infant formula (7 CFR 226.20(b)(2)). The Food and Drug Administration (FDA) defines iron-fortified infant formula as a product “which contains 1 milligram or more of iron in a quantity of product that supplies 100 kilocalories when prepared in accordance with label directions for infant consumption” (21 CFR 107.10(b)(4)(i)). The number of milligrams (mg) of iron per 100 kilocalories (calories) of formula can be found on the Nutrition Facts label of infant formulas.

Formulas classified as Exempt Infant Formulas by FDA may be served as a part of a reimbursable meal if the substitution is supported with a medical statement signed by a licensed physician or a state recognized medical authority. The statement must be submitted and kept on file by the center. Information on FDA Exempt Infant Formula is available on the FDA webpage (<https://www.fda.gov/food/infant-formula-guidance-documents-regulatory-information/exempt-infant-formulas-marketed-united-states-manufacturer-and-category>).

Food and Nutrition Services (FNS) does maintain a list of *Iron-Fortified Infant Formulas That Do Not Require a Medical Statement* due to the continuous development of new or re-formulated infant formula products, keeping an accurate, all-inclusive list is impractical. The following criteria may be used to determine whether or not a formula is eligible for reimbursement without a medical statement:

- Ensure the formula is not a FDA Exempt Infant Formula. An exempt infant formula is labeled for use by infants who have inborn errors of metabolism or low birth weight, or who otherwise have unusual medical or dietary problems defined in 21 CFR 107.3;
- Look for “Infant Formula with Iron” or a similar statement on the front of the formula package. All iron-fortified infant formulas must have this type of statement on the package; and
- The FDA defines iron-fortified infant formula as a product “which contains 1 milligram or more of iron in a quantity of product that supplies 100 kilocalories when prepared in accordance with label directions for infant consumption” (21 CFR 107.10(b)(4)(i)). The number of milligrams (mg) of iron per 100 kilocalories (calories) of formula can be found on the Nutrition Facts Label of infant formulas.

Additionally, to be creditable for reimbursement, infant formula must meet the definition of an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act and meet the requirements for an infant formula under section 412 of the Federal Food, Drug, and Cosmetic Act and the regulations at 21 CFR parts 106 and 107.3.



INFANT AND TODDLER FEEDING AND CARE PLAN

FOR CHILD CARE FACILITY USE

The formula provided by this child care facility is:

CHECK A BOX
 YES
 NO

This child care facility is **participating** in the Child and Adult Care Food Program (CACFP). In order to claim meals and reimbursement, the center must provide infant cereal and other foods when the child is developmentally ready for them.

INSTRUCTIONS (FOR PARENTS)

Please complete for child who is less than 24 months of age. **Update information as needed.** Use a new form or initial/date changes on this form.

CHILD'S NAME	DATE OF BIRTH	DATE ENROLLED
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If you or a member of your immediate family ever served in the U.S. Armed Forces, [click here for more information about militaryrelated services in Missouri](#) or visit www.dese.mo.gov/veterans-services.

FEEDING INFORMATION

TYPE OF FOOD	FEEDING TIME	KINDS OF FOOD	AMOUNT OF FOOD
Breastmilk			
Formula			
Infant Food			
Table Food			

Who is preparing (mixing) the formula? Check all that apply: Parent Caregiver

Does your child have any problems with feedings, such as choking or spitting up?

Yes Explain: _____
 No

Does your child use a pacifier? Yes No

Note: Pacifiers, if used, cannot be hung around an infant's neck. Pacifier mechanisms or pacifiers that attach to infant clothing cannot be used with sleeping infants.

INFANT FEEDING PREFERENCE (under 12 months)

MARK YOUR PREFERENCE (CHECK ALL THAT APPLY).

I will provide breast milk for my infant.

I will nurse my infant at the center at these times: _____

The facility's formula may be used to supplement feedings if necessary: Yes No

If breast milk is unavailable for a feeding, the facility should: _____

I request that the formula provided by the child care facility be served to my infant.

I will provide infant formula for my infant. Name of formula: _____

I request that the child care facility provide solid foods for my infant as s/he is ready for them, and after I have discussed it with child care facility staff. **OR**

I will provide solid foods for my infant.

TODDLER FEEDING PREFERENCE (12 THROUGH 23 MONTHS)

Check all that apply: Spoon Cup Feeds Self Feeding Table or Chair

TYPE OF FOOD	FEEDING TIME	KINDS OF FOOD	AMOUNT OF FOOD
Breastmilk			
Milk			
Table Food			

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ARRANGEMENTS FOR SLEEP – Licensing rules require that infants be placed on their back to sleep.

TIME(S) CHILD USUALLY NAPS	LENGTH OF NAP
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ADDITIONAL INSTRUCTIONS RELATED TO SLEEPING:

Note: When, in the opinion of the infant's licensed health care provider, an infant requires alternative sleep positions or special sleeping arrangements that differ from those required by rule, the provider must have on file at the facility written instructions, signed by the infant's licensed health care provider, detailing the alternative sleep positions or special sleeping arrangements for such infant. The caregiver(s) must put the infant to sleep in accordance with such written instructions.

My child is 12 months or older, and I give my permission for my child to sleep on a cot.

SIGNATURE OF PARENT/LEGAL GUARDIAN	DATE
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DIAPERING INSTRUCTIONS

LIST ANY LOTIONS AND/OR OINTMENTS, ETC. THAT YOU HAVE PROVIDED AND GIVE PERMISSION FOR CAREGIVERS TO USE ON YOUR CHILD:

FOR WET BOWEL MOVEMENT RASH OTHER

I do not want caregivers to use any lotions, powders, ointments, or similar items on my child.

I WILL FURNISH THE FOLLOWING BABY SUPPLIES FOR MY CHILD; CLEARLY LABELED WITH MY CHILD'S NAME:

SPECIAL INSTRUCTIONS FOR CARE (E.G., RESTRICTIONS, ALLERGIES, ETC.):

SIGNATURE OF PARENT/LEGAL GUARDIAN	DATE
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MISSOURI DEPARTMENT OF HEALTH AND SEIONR SERVICES
 COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
 CHILD AND ADULT CARE FOOD PROGRAM (CACFP)
INFANT FEEDING PREFERENCE

INSTRUCTIONS FOR PARENTS

Complete for children less than 12 months of age. Update information as needed and sign below or use a new form.

INFANT'S NAME (FIRST AND LAST NAME)	DATE OF BIRTH	DATE ENROLLED
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The child care center will feed your infant: breastmilk provided by you; formula provided by you; or the following iron-fortified formula purchased by the center. You may also choose to breastfeed your infant at the center.

The iron-fortified formula provided by the child care center is:

INFANT FEEDING PREFERENCE

	DATE:	DATE:
Mark your preference (check all that apply)	Birth to 5 months	6 through 11 months
I will provide expressed breastmilk.	<input type="checkbox"/>	<input type="checkbox"/>
I will breastfeed at the center.	<input type="checkbox"/>	<input type="checkbox"/>
I want the center to provide formula.	<input type="checkbox"/>	<input type="checkbox"/>
I will purchase/provide formula. Name of formula:	<input type="checkbox"/>	<input type="checkbox"/>
I want the center to provide infant cereal and other foods based on CACFP guidelines.		<input type="checkbox"/>
I will provide infant cereal and other foods when developmentally ready.		<input type="checkbox"/>

COMMENTS:

This center is participating in the Child and Adult Care Food Program (CACFP). In order to claim meals for reimbursement, the center must provide infant cereal and other solid foods when your infant is developmentally ready according to the Food Chart – Infants available on our webpage at www.health.mo.gov/cacfp - Forms. Parents or guardians may provide one meal component (including breastmilk or formula) if they chose; however the center must provide all other components in order to claim the infant meal.

SIGNATURE OF PARENT OR LEGAL GUARDIAN	DATE
SIGNATURE OF PARENT OR LEGAL GUARDIAN	DATE

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- 1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- 2. fax: (833) 256-1665 or (202) 690-7442; or
- 3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

Missouri Department of Health & Senior Services
 Child & Adult Care Food Program
 Infant Food Chart

	Food Components & Food Items	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	Breastmilk ¹ or Iron-fortified formula ²	4-6 fluid oz.	6-8 fluid oz.
	Vegetable or Fruit or both ^{5, 6}		0-2 tablespoons
	Iron-fortified infant cereal ^{2,5, 7} or Meat/Meat Alternate or both		0-1/2 oz. eq. of iron-fortified infant cereal; or 0-4 tablespoons meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. of cheese; or 0-4 oz. by volume of cottage cheese; or 0-4 oz. of yogurt ⁴ ; or a combination
Snack	Breastmilk ¹ or Iron-fortified formula ²	4-6 fluid oz.	2-4 fluid oz.
	Vegetable or Fruit or both ^{5, 6}		0-2 tablespoons
	Iron-fortified infant cereal ^{2, 5, 7} bread/bread-like item or crackers or ready-to-eat cereal ^{3, 7}		0-1/2 oz. eq. of bread/bread items; or 0-1/4 oz. eq. of crackers; or 0-1/2 oz. eq. of iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereal
USDA Feeding Infants Using Ounce Equivalents for Grains in the CACFP worksheet			

- ¹ Breastmilk or iron-fortified infant formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- ² Infant formula and dry infant cereal must be iron-fortified.
- ³ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. Ready-to-eat cereal may be served as part of a reimbursable snack.
- ⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ⁵ A serving of this component is required when the infant is developmentally ready to accept it.
- ⁶ Fruit and vegetable juices must not be served.
- ⁷ A serving of grains must be whole grain-rich, enriched meal, or enriched flour. Iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper. Ready-to-eat cereals, bread/bread-like items, and crackers may be served as part of a reimbursable snack.



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
 CHILD AND ADULT CARE FOOD PROGRAM
INDIVIDUAL INFANT MEAL RECORD BIRTH-5 MONTHS (5 DAY)

Infant's Name		Age in months		Date of Birth	
Center/Provider		Breastmilk <input type="checkbox"/> Yes <input type="checkbox"/> No		Claim Month/Year	
Claim only approved meals. Meals claimed <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Supper					
Requirements	Date / /		Date / /		Date / /
	Amount Eaten	Time	Amount Eaten	Time	Amount Eaten
4-6 fluid ounces of breastmilk or iron fortified formula					
4-6 fluid ounces of breastmilk or iron fortified formula					
4-6 fluid ounces of breastmilk or iron fortified formula					
4-6 fluid ounces of breastmilk or iron fortified formula					
4-6 fluid ounces of breastmilk or iron fortified formula					
4-6 fluid ounces of breastmilk or iron fortified formula					

Note: Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable **CACFP** meal.



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
 CHILD AND ADULT CARE FOOD PROGRAM (CACFP)
INDIVIDUAL INFANT MEAL RECORD 6-11 MONTHS (5 DAY)

Infant's Name		Age in months		Date of Birth	
Center/Provider		Breastmilk <input type="checkbox"/> Yes <input type="checkbox"/> No		Formula Type	
List specific foods consumed by this infant. Foods from child menu may be used if infant is developmentally ready.					
Meals claimed <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Supper					
Requirements		Date	Date	Date	Date
Breakfast		/ /	/ /	/ /	/ /
Iron-fortified formula or breastmilk; AND	6-8 fluid ounces				
Vegetable, fruit, or both; AND	0-2 tablespoons				
Iron-fortified infant cereal, meat, fish, poultry, whole eggs, cooked dry beans, or peas; or	0-1/2 oz. eq.				
cheese; or	0-2 ounces				
cottage cheese; or	0-4 ounces				
yogurt; or	0-4 ounces				
a combination					
Snack					
Iron-fortified formula or breastmilk; AND	2-4 fluid ounces				
Vegetable, fruit, or both; AND	0-2 tablespoons				
Iron-fortified infant cereal; or	0-1/2 oz. eq.				
Ready-to-eat cereal; or	0-1/4 oz. eq.				
Bread or bread-like items; or	0-1/2 oz. eq.				
Crackers	0-1/4 oz. eq.				
Lunch/Supper					
Iron-fortified formula or breastmilk; AND	6-8 fluid ounces				
Vegetable, fruit, or both; AND	0-2 tablespoons				
Iron-fortified infant cereal, meat, fish, poultry, whole eggs, cooked dry beans, or peas; or	0-1/2 oz. eq.				
cheese; or	0-2 ounces				
cottage cheese; or	0-4 ounces				
yogurt; or	0-4 ounces				
a combination					
Note: Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable CACFP meal.					



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
 COMMUNITY FOOD AND NUTRITION ASSISTANCE (CFNA)
 CHILD AND ADULT CARE FOOD PROGRAM (CACFP)
INDIVIDUAL INFANT MEAL RECORD 6-11 MONTHS (5 DAY)

EXAMPLE

Infant's Name Roy Kent		Age in months 10 months		Date of Birth 8/15/20XX	
Center/Provider ABC Preschool		Breastmilk <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No		Formula Type Enfamil	
List specific foods consumed by this infant. Foods from child menu may be used if infant is developmentally ready.					
Meals claimed <input checked="" type="checkbox"/> Breakfast <input checked="" type="checkbox"/> Snack <input checked="" type="checkbox"/> Lunch <input type="checkbox"/> Supper					
Requirements		Date		Date	
Breakfast		6/6/20XX		6/8/20XX	
Iron-fortified formula or breastmilk; AND	6-8 fluid ounces	breastmilk rice cereal chopped canned peaches	breastmilk barley cereal chopped canned pears	breastmilk rice cereal chopped canned apricots	breastmilk oatmeal banana
Vegetable, fruit, or both; AND	0-2 tablespoons				
Iron-fortified infant cereal, meat, fish, poultry, whole eggs, cooked dry beans, or peas; or	0-1/2 oz. eq.				
cheese; or	0-2 ounces				
cottage cheese; or	0-4 ounces				
yogurt; or	0-4 ounces				
a combination					
Snack					
Iron-fortified formula or breastmilk; AND	2-4 fluid ounces	breastmilk toast strips banana	breastmilk	breastmilk	breastmilk
Vegetable, fruit, or both; AND	0-2 tablespoons				
Iron-fortified infant cereal; or	0-1/2 oz. eq.				
Ready-to-eat cereal; or	0-1/4 oz. eq.				
Bread or bread-like items; or	0-1/2 oz. eq.				
Crackers	0-1/4 oz. eq.				
Lunch/Supper					
Iron-fortified formula or breastmilk; AND	6-8 fluid ounces	breastmilk chopped chicken green beans mashed potatoes	breastmilk cottage cheese canned peaches	breastmilk chopped hamburger cooked carrots refried beans	breastmilk hard boiled egg green beans chopped canned pears
Vegetable, fruit, or both; AND	0-2 tablespoons				
Iron-fortified infant cereal, meat, fish, poultry, whole eggs, cooked dry beans, or peas; or	0-1/2 oz. eq.				
cheese; or	0-2 ounces				
cottage cheese; or	0-4 ounces				
yogurt; or	0-4 ounces				
a combination					
Note: Minimum serving sizes per age group and meal requirements as listed on the Food Charts must be followed for a creditable CACFP meal.					

Infant Feeding: Questions and Answers

Memo [CACFP 02-2018: Feeding Infants and Meal Pattern Requirements in the Child and Adult Food Program; Questions and Answers](#) provides guidance on feeding infants and the infant meal pattern requirements in CACFP. Included below are excerpts from this memorandum.

What does it mean to feed an infant in a way that is “consistent with the infant’s eating habits?”

- Infants do not eat on a strict schedule.
- Watch infants for hunger cues and satiety cues, **not the clock**.
- The quantity of food an infant consumes changes from feeding to feeding or day to day. Be mindful of what an infant eats over the course of the day versus individual feedings.
- As long as all the required food components (i.e., breastmilk and/or infant formula and the solid foods the infant is developmentally ready to accept) are offered over the course of the entire day, they may be counted towards reimbursable meals.

May a parent donate extra formula or food received through the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) to his or her infant’s center or day care home?

- A parent may provide one meal component for their own infant or infants, including infant formula received through WIC. However, parents or guardians cannot donate formula or food they receive from WIC to the center for general use.

Are parents or guardians allowed to provide the majority of the meal components for infants? What components can they provide?

- Parents or guardians may only supply **one component** of a reimbursable meal.
- A parent or guardian may choose to supply breastmilk (expressed/breastfed on site) or a creditable infant formula, even when the infant is only consuming breastmilk or infant formula.
 - If the parent or guardian chooses to supply expressed breastmilk or a creditable infant formula, then the center **must** provide all the other required meal components in order for the meal to be reimbursable.
 - If parent or guardian chooses to provide a solid food component; the center **must** supply all the other required meal components, including iron-fortified infant formula.
 - The parent or guardian may **choose** to provide a meal component; the center may not request or require the parent or guardian to provide the components in order to complete the meal and reduce costs.

What is an “iron-fortified” infant formula?

- The Food and Drug Administration considers an infant formula to be “iron-fortified” if it has 1 milligram of iron or more per 100 kilocalories. Look on the label for “Infant Formula with Iron” or a similar statement or verify with the product’s nutrition facts label.

When an infant receives both breastmilk and formula, is the meal eligible for reimbursement?

- Yes, meals may contain iron-fortified infant formula, breastmilk, or a combination of both.

How should meals be documented when a mother directly breastfeeds her infant on site?

- Centers must document if the infant is served breast milk or infant formula to demonstrate compliance to the meal pattern requirements, but do not have to document the delivery method; therefore, a center can document that breastmilk was offered.
- Other options include documenting, “breastfed” or “mom” on the menu or meal count form.

If an infant does not finish the required minimum serving size of expressed breastmilk or formula given to him or her, is the meal still reimbursable?

- Yes. As long as the infant is offered the minimum serving size the meal is reimbursable.
- Some infants who are regularly breastfed may consume less than the minimum serving size of breastmilk per feeding. In these situations, infants may be offered less than the minimum serving size of breastmilk and additional breastmilk must be offered at a later time if the infant will consume more.

If a physician or state recognized medical authority prescribes whole cow’s milk as a substitute for breastmilk or infant formula for an infant younger than 12 months of age, is the meal reimbursable?

- Yes, if the substitution is supported by a medical statement signed by a state recognized medical authority.

If a mother breastfeeds her 13 month old, or older, child at the center is the meal reimbursable?

- Yes, breastmilk is an allowable substitute for fluid milk for children of any age.

Must a parent submit a written request to substitute breastmilk for fluid milk for children 1 year of age or older? Does it matter if the substituted breastmilk is expressed or breastfed?

- No, a written request is not required. This is true no matter the delivery method.

If a mother breastfeeds her 13 month old, or older, child at the center prior to or after a meal service, which meal is it counted towards?

- Count it towards the meal that was closest to when the mother breastfed the child.

If a 1 year old child is still being breastfed and the mother is only able to provide 2 fluid ounces of expressed breastmilk, can 2 fluid ounces of whole unflavored milk be served as a supplement to meet the minimum milk requirement?

- Yes, but the required minimum fluid milk serving size still must be met.
- Serve whole unflavored milk alongside the breastmilk to make up the difference.
- The two milks do not need to be mixed.

- The center must provide all other components in order for the meal to be reimbursable.

Are meals served to children 12 months and older reimbursable if they contain infant formula?

- Yes, for a period of one month, 12 to 13 months of age, to facilitate the weaning from infant formula to cow's milk.
- Meals containing infant formula served to children 13 months and older are reimbursable when supported by a medical statement signed by state recognized medical authority.

If a parent supplies an infant formula that is not iron-fortified ("low-iron"), would service of this product require a medical statement to be creditable towards a reimbursable infant meal?

- Infant formulas that are not iron-fortified are generally **not** reimbursable in the CACFP.
- Infant formulas that are not iron-fortified may be creditable towards a reimbursable meal if the substitution is supported by a medical statement.

If an infant is just starting to be introduced to solid foods, such as infant cereal, does the center have to serve that solid food at every meal where that component is required?

- Solid foods are introduced gradually, which means that it may be appropriate to serve the solid food only once per day.
- The infant does not need to be offered a solid food component that is part of every meal pattern.

Can solid foods be served to infants younger than 6 months of age?

- Yes. Meals containing solid foods are reimbursable when the infant is developmentally ready to accept them.
- A written note from a parent or guardian stating his or her infant should be served solid foods is recommended.

What documentation is required when solid foods are served prior to 6 months of age?

- Once an infant is developmentally ready for solid foods, the center must indicate on menus what solid foods are being served and the serving size of the food served.
- It is best practice, to obtain a written note from the parents or guardians indicating that solid foods should be served to the infant while in care.
- It is a good practice to check with parents or guardians of all infants to learn about any concerns of possible allergies.

At what age would a monitor expect to see infants being served all the solid food components?

- The American Academy of Pediatrics (AAP) recommends that by 7 or 8 months of age, infants should be consuming solid foods from all food groups.
- Monitors will engage in conversation with center to learn more about the infant's eating habits to determine if meal served is appropriate.

What should a center do if they feel an infant is developmentally ready to start eating solid foods but the infant's parents or guardians do not want the infant to be introduced to solid foods?

- Center should engage in a conversation with the infant's parents or guardians about the signs they have seen indicating the infant is ready to start solid foods and ask if they would like solid foods to be served while the infant is in day care.
- If the parent or guardian does not want their infant to be served solid foods while the infant is in care, the center should respect that decision and should not serve the infant solid foods. In this situation, as long as the center continues to serve the infant the required amount of breastmilk or iron-fortified infant formula, then the meals are still reimbursable.

Are tofu and soy yogurt allowed in the infant meal pattern?

- No. Tofu and soy yogurt are not allowed in infant meal pattern.

Is there a whole grain-rich requirement for infants?

- No. The requirement to serve at least one whole grain-rich food per day is only required under the CACFP children and adult meal patterns.

Is there a sugar limit for ready-to-eat cereals served to infants?

- Yes, no more than 6 gm of sugar per dry ounce.
- Ready-to-eat cereal, as developmentally appropriate, are allowed at snack under the infant meal pattern.

Can infant cereal be served in a bottle to infants?

- No. Serving infant cereal in a bottle to infants is not allowed. Neither the infant cereal nor the infant breastmilk or formula in the bottle may be claimed for reimbursement when they are served in the same bottle, unless it is supported by a medical statement.

Are cereals with honey creditable in the infant meal pattern?

- Honey, and foods that contain honey, should never be fed to infants less than 1 year of age. Honey may contain substances that can cause "infant botulism".

Is yogurt creditable in the infant meal pattern?

- Yes, no more than 23 grams of sugar per 6 ounces.

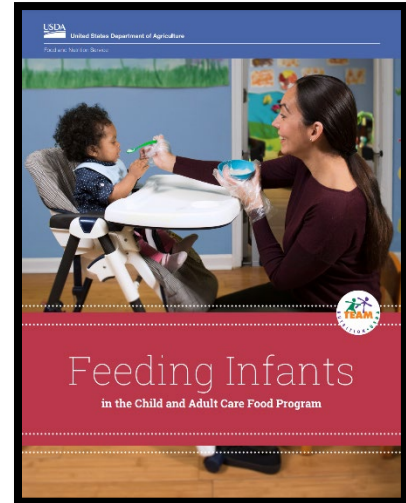
Are commercially prepared mixed or combination infant foods (e.g., infant dinners with vegetables and chicken) reimbursable in the infant meal pattern?

- The AAP recommends introducing single ingredients foods to infants first, one at a time to monitor for allergies.
- When considering food combinations, be sure that the infant has been introduced to all ingredients, that the food is the appropriate texture to prevent choking, and that the food is not high in added sugars, fats, or sodium.
- Some mixed dishes may contain foods that do not credit towards the infant meal pattern, such as rice or pasta.
- Centers should only serve foods with more than one food component to older infants with well-established solid food eating habits.

Infant and Toddler Resources

Feeding Infants in the Child and Adult Care Food Program

Feeding Infants in the Child and Adult Care Food Program (CACFP) guide is a training tool for CACFP operators with infants enrolled at their child care site. It covers topics such as the infant meal pattern, developmental readiness, hunger and fullness signs, handling and storing breastmilk and infant formula, solid foods, what is creditable in the infant meal pattern, and much more. Find parent communication tools, child care provider handouts, practice scenarios, and check your knowledge questions in this guide as well.



Mealtimes with Toddlers in the Child and Adult Care Food Program

The Mealtimes with Toddlers in the Child and Adult Care Food Program (CACFP) resource assist CACFP operators in meeting meal pattern requirements and creating positive mealtime environments for children 1-2 years.

A separate [Mealtimes with Toddlers Family Handout](#) is available for CACFP operators to share information with parents and guardians.

Feeding Infants in the Child and Adult Care Food Program and Mealtimes with Toddlers in the Child and Adult Care Food Program are available in both English and Spanish. You can link to both of these resources from the CACFP website at www.health.mo.gov/cacfp - Resources.

Feeding Infants Using Ounce Equivalents for Grains in the Child and Adult Care Food Program



Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals are an important part of meals and snacks in the Child and Adult Care Food Program (CACFP). To make sure infants get enough grains, required amounts of grain items are listed in the infant meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.

As a reminder, iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper in the CACFP infant meal pattern. You may serve bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals as part of a reimbursable snack.



Reminder!

Infant cereals and ready-to-eat cereals must be iron-fortified. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce.

All grains served must be enriched, fortified, or whole grain-rich.

Breakfast/Lunch/Supper	
Grain Item	Requirements
Iron-Fortified Infant Cereal; or meats/meat alternates; or both	0-½ oz eq

Snack (choose at least one item below)	
Grain Item	Requirements
Bread/Bread-like Items; or	0-½ oz eq
Crackers; or	0-¼ oz eq
Iron-Fortified Infant Cereal; or	0-½ oz eq
Ready-to-Eat Cereal	0-¼ oz eq

For more information on the CACFP infant meal pattern, see the “Feeding Infants in the Child and Adult Care Food Program” guide at [TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov).

Using the Grains Measuring Charts

The Grains Measuring Charts on pages 3–4 tell you how much bread/bread-like items, crackers, iron-fortified infant cereal, and ready-to-eat cereals you need to serve to meet CACFP infant meal pattern requirements. To use these charts:

1 Find the chart that applies to the grain item you want to serve:
Iron-Fortified Infant Cereal (Page 3), Bread/Bread-Like Items (Page 3), Ready-To-Eat Cereal (Page 4), Crackers (Page 4).

2 Find the grain you want to serve under the “Grain Item and Size” column.

3 Check if the chart lists a size or weight by the name of the grain. If the chart:

- **Lists a weight** for the grain, such as **at least 28 grams**, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same or more than the grain on the chart. See page 5.
- **Lists a size** for the grain, such as **about 2" by 2"**, then check if the item is the same size or larger than this amount. See page 6.
- **Does not list a weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size

Bread at least 28 grams

Cracker, Saltine (about 2" by 2")

Iron-Fortified Infant Cereal
(single and multigrain)



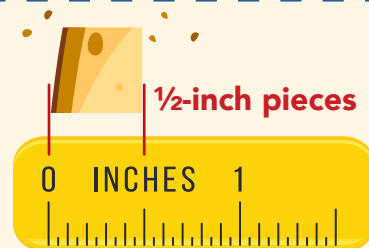
Reminder!

Do not offer babies crackers containing seeds and nuts. These items can increase a baby's risk of choking.



Reminder!

Cut breads and bread-like items into thin strips or small pieces no larger than 1/2 inch. This will reduce the risk of a baby choking.





BREAD/BREAD-LIKE ITEMS = ½ oz eq



IRON-FORTIFIED INFANT CEREAL = ½ oz eq

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size		½ oz eq is about...	Creditable at Meals or Snacks?
Biscuit at least 28 grams	★	½ biscuit or 14 grams	Snack only
Bread at least 28 grams	★	½ slice or 14 grams	Snack only
Bun or Roll (entire bun or roll) at least 28 grams	★	½ bun/roll or 14 grams	Snack only
Corn Muffin at least 34 grams	★	½ muffin or 17 grams	Snack only
English Muffin (top and bottom) at least 56 grams	★	¼ muffin or 14 grams	Snack only
Iron-Fortified Infant Cereal (single and multigrain)		4 tablespoons (¼ cup) dry	Breakfast, lunch, supper, snack
Pancake at least 34 grams	★	½ pancake or 17 grams	Snack only
Pita Bread/Round at least 56 grams	★	¼ pita or 14 grams	Snack only
Tortilla, Soft, Corn (about 5 ½")	■	¾ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 6")	■	½ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 8")	■	¼ tortilla or 14 grams	Snack only
Waffle at least 34 grams	★	½ waffle or 17 grams	Snack only

- ★ Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.
- Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.



CRACKERS = ¼ oz eq



READY-TO-EAT CEREALS = ¼ oz eq

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size	¼ oz eq is about...	Creditable at Meals or Snacks?
Cereal, Ready-to-Eat: Flakes or Rounds (e.g., o-shaped cereal)	4 tablespoons (¼ cup) or 7 grams	Snack only
Cereal, Ready-to-Eat: Puffed (e.g., crispy puffed rice cereal)	5 tablespoons (~⅓ cup) or 7 grams	Snack only
Cracker, Animal (about 1 ½" by 1")	■ 4 crackers or 7 grams	Snack only
Cracker, Bear-shaped or Similar, Sweet (not honey flavored) (about 1" by ½")	● 6 crackers or 7 grams ■	Snack only
Cracker, Cheese, Square, Savory (about 1" by 1")	■ 5 crackers or 6 grams	Snack only
Cracker, Fish-shaped or Similar, Savory (about ¾" by ½")	■ 11 crackers or 6 grams	Snack only
Cracker, Graham (not honey flavored) (about 5" by 2 ½")	● ½ cracker or 7 grams ■	Snack only
Cracker, Round, Savory (about 1 ¾" across)	■ 2 crackers or 6 grams	Snack only
Cracker, Round, Savory, Mini (about 1" across)	■ 4 crackers or 6 grams	Snack only
Cracker, Saltine (about 2" by 2")	■ 2 crackers or 6 grams	Snack only
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")	■ 3 crackers or 6 grams	Snack only
Cracker, Zwieback (not honey flavored)	● 1 cracker or 6 grams	Snack only

● Honey should never be fed to babies younger than 1 year.

■ Check that the item you want to serve is about this size or larger.
See "Grains Measuring Tools" on page 6 for more information.

Using the Nutrition Facts Label

Some items on the Grains Measuring Charts may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

Example #1: Pita Bread/Round (1 item in a serving)

1. Find the grain item and its size in the Grains Measuring Chart. →

The pita bread/round you are comparing must weigh **at least 56 grams** to use the chart as a guide to the minimum serving amount.

- If the pita bread/round you want to serve is **at least 56 grams**, then you can serve that item.
- If the pita bread/round is lighter in weight than the item listed on the Grains Measuring Chart, see page 6.

Grain Item and Size

Pita Bread/Round at least 56 grams

Nutrition Facts

6 Servings Per Container

Serving Size 1 Round (57g)



Example #2: Pancakes (more than 1 item in a serving)

1. Find the grain item and its size in the Grains Measuring Chart. →
2. Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size. One serving of pancakes weighs 117 grams.
3. Using the Nutrition Facts label, find out how much is in one serving (for example, the number of pancakes). There are three pancakes in one serving.
4. If there is more than one of an item in a serving, you will need to find the weight of each item. In this example, the serving size is three pancakes.

Grain Item and Size

½ oz eq is about...

Pancake at least 34 grams ½ pancake or 17 grams

Nutrition Facts

4 Servings Per Container

Serving Size 3 Pancakes (117g)



Divide the weight of the serving by the number of items in one serving to find the weight of one item.

$$117 \text{ grams} \div 3 \text{ pancakes} = 39 \text{ grams per pancake}$$

Serving Weight

Serving Size

Weight of Each Item

Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?

- ✓ **Yes:** In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each pancake weighs 39 grams, you may use the chart as a guide for the minimum serving amount.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If the answer is “yes”, you will need to use another method to determine how much of a grain item to serve in order to meet CACFP infant meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the “Food Buying Guide for Child Nutrition Program’s (FBG) Exhibit A Grains Tool.”* This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the “FBG Recipe Analysis Workbook (RAW)”* to determine the ounce equivalents per serving for standardized recipes.

*Available at foodbuyingguide.fns.usda.gov.

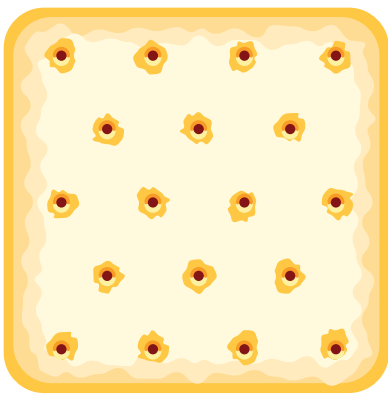
Note: Make sure the food you are entering is creditable for infants. For more information, see “Feeding Infants in the CACFP’s Appendix F: Infant Foods List” at fns.usda.gov/sites/default/files/resource-files/FI_AppendixF.pdf.

Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8.5" by 11" paper.

2" by 2"



1" across

